



A MINUTE OF HEALTH WITH CDC

Make Handwashing a Habit

Global Handwashing Day — October 15, 2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Hands are the easiest and most common way to pass along infectious diseases. Touching surfaces can result in bacteria and viruses latching onto your hands. If not washed away, these germs can easily be transmitted to others, and enter your body by touching your nose, eyes, or mouth.

Regular handwashing helps prevent the spread of potentially harmful germs. It's especially important before eating or handling food, and after going to the bathroom, changing a diaper, touching or feeding an animal, coughing, or sneezing. Make it a habit to wash your hands often with soap and water.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.